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Tuesday, February 16, 2016 metro.us | t: MetroNewYork | f: MetroNewYork

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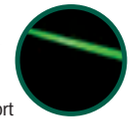
PLANE DEMAND IN ASIA

1 Southeast Asia requires 3,750 new aircraft worth $550 billion in 20 years from 2015, a senior Boeing executive told a press conference ahead of the Singapore Airshow that starts on Tuesday. Of this, 76 percent will be for single-aisle aircraft like the Boeing 737 and Airbus A320, said Dinesh Keskar, senior vice-president for Asia Pacific and India sales at Boeing. REUTERS

SYRIAN HOSPITAL BOMBED

2 At least 23 civilians were killed when missiles hit three hospitals and a school in rebel-held Syrian towns on Monday, residents said, as Russian-backed Syrian troops intensified their push toward the rebel stronghold of Aleppo. Fourteen people were killed in the town of Azaz near the Turkish border when missiles slammed into a school sheltering families fleeing the offensive and the children's hospital. Bombs also hit another refugee shelter south of the town and a convoy of trucks, another resident said. REUTERS

UK AIR LASER INCIDENT



3 A Virgin Atlantic flight heading to New York returned to London Heathrow airport on Sunday after a "laser beam incident," the British airline said. The company said in a statement that it had returned flight VS025 to London Heathrow Airport as a precautionary measure shortly after take-off when one of its pilots was taken ill following the incident. It said it was working with authorities to identify the source of the laser beam. REUTERS

7 THINGS YOU NEED TO KNOW

GRAND CENTRAL DARKNESS

7 A Monday morning power outage at Grand Central turned the normally busy and bright train station into a sea of darkness. Luckily, the outage occurred on a federal holiday, Presidents Day, and was only causing minor disruptions, according to media reports.

ALL PHOTOS BY GETTY IMAGES

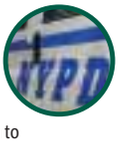
MAN FOUND DEAD

4 Police are determining whether a 74-year-old man found Sunday afternoon under a Bronx overpass froze to death in the extreme winter weather. Police found the deceased man near a bus depot at East 177th Street and Devoe Avenue in West Farms, sources told the New York Daily News, which added that the body showed a visible head injury. JASON NUCKOLLS

KENTUCKY 'VIAGRA' BILL

5 A Kentucky lawmaker fed up with anti-abortion laws in her state has introduced a bill that would require men seeking erectile dysfunction drugs to visit a doctor twice, get a note from their wives and swear on the Bible to be faithful. Representative Mary Lou Marzian, a Democrat from Louisville who has been a lawmaker for 22 years, told Reuters on Monday the bill is symbolic but she is glad that it has gotten attention because she is trying to make a point about government intrusion. REUTERS

MAN SHOT BY POLICE



6 A man was taken to the hospital Monday afternoon after being shot by police near a Bronx housing development, according to published reports. The shooting occurred at about 3:45 p.m. at 1071 Tinton Avenue near the Forest Houses, NY1 reported. Authorities transported a man to a local hospital with injuries not considered life threatening, according to the New York Daily News. ANGY ALTAMIRANO

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Uniting Brooklyn's Haitian community through music

DJ Hard Hittin' Harry producing his radio show at his home in Bed-Stuy. BESS ADLER

"I always include the music of my country during my DJ sets to celebrate my culture," says Bed-Stuy DJ Hard Hittin' Harry.

TRACY LEE
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Out of his apartment in Bedford-Stuyvesant, Haitian DJ Hard Hittin' Harry has built up a global audience from the spins of a turntable that represent an intersection of cultural roots that touch everywhere from Port-au-Prince to Lagos.

In his signature gray pointed beard and tinted shades, the 49-year-old Port-au-Prince native calls out his listeners on a cold Tuesday evening from a chat room feature at the beginning of his two-hour live Internet radio show called Global Island Vybez on Dwildmusicradio.com.

"Although I play for everyone, I always include the music of my country during my DJ sets to celebrate my culture," Harry told Metro during a recent sitdown.

"Every chance I get, I do it, and when I call out 'my Haitians' at a party, it's my way of letting them know that it's OK to be proud of your culture," he said.

His DJ name, coined from a friend growing up, has spanned over 30 years — including a stint as an official DJ for the Fugees — as well as a mix of radio shows he currently hosts, including Haitian StarZ Radio on WBAI.

Moving to the beats coming from his home studio, and wearing a "Haitians Rock" T-shirt as a silver chain swings from his neck to each movement, he speaks of the influence his background has on his music — and the turmoil his country continues to still dig itself out of.

Six years ago, Harry's then-84 year-old aunt was buried under all the rubble from Haiti's deadly 7.0-magnitude earthquake.

Missing for three days, a neighbor was able to find her on the streets and connect her with her relatives in the U.S. Traveling to Haiti every year to celebrate her birthday, his aunt would give out toys and gifts at a school where a cousin of Harry's works. In the aftermath of the earthquake, it magnified to those outside Haiti how far deep the country was already in before the disaster.

But it's the resilience within its people that stand out, and the roots that burn through Harry's work ethic are the collective sounds of his people as well as the global sounds of the world — coming together in positive stories and messages.

Those stories were told last month at The

New School, at a cultural event called "Lakay se Lakay."

Haitians from Brooklyn to Canada and New Orleans to Port-au-Prince gathered as well as Dominicans and New Yorkers for the event, whose name translates to "home is home" in Haitian Creole.

Traditional Haitian drums with modern beats of electric turntables from Harry and other artists echoed with dance rhythms throughout the room.

"In this age of rapidly changing demographics in New York, often with disregard to communities who have a long history of displacement and immigration, second-generation descendants can find solace and empowerment within their cultural identity through the arts, technology and service," Lakay se Lakay organizer Sabine Blaizin told Metro.

Harry, who was a panelist that day, came together with other artists and musicians in an open conversation about how they could represent Haiti within their artistic spheres.

"The message that I wanted to convey to everyone that attended was that of Haiti's pride and culture, as well as a mix of various forms of Haitian traditional music," Harry said.

"Our motto is "lunion fait la force," which means "united we're strong" or "united we are a force."
Haitian-born artist Val Jeanty

A playlist consisting of Haitian Kompas, Zouk, RaRa and Vodou — spiritual vibe incorporating African drums and Creole chanting — played in between segments along with house music, blending-up tempo dance rhythms with Creole language.

The day also included a drum workshop and a dance performance from Canada's Mapou Ginen Dance Troupe, which incorporated dance moves from Haiti, while performers and onlookers brought their personal stories into a collective one.

"Our motto is "lunion fait la force" which means "united we're strong" or "united we are a force," said Haitian-born artist Val Jeanty.

A panelist and performer at Lakay se Lakay, Jeanty said, "I'm really just creating and projecting a message that's beyond me, a message from the ancestors, a message of the truth about Vodou and the beauty of the Haitian culture."

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A pomeranian and a Yorkshire terrier (below) are groomed during the 132nd Annual Westminster Kennel Club Dog Show. GETTY IMAGES

It's dog-eat-dog out there in NYC

Thousands of purebred pups are vying for the 140th Westminster title.

From toy-size Brussels Griffons to 200-pound Great Danes, thousands of purebred dogs are preparing to strut their stuff at this year's Westminster Kennel Club show in New York, one of the world's most prestigious events for pedigree breeders.

Some 2,700 dogs from more than a dozen countries have entered the competition, which kicked off Monday. Now in its 140th year, the show is the second-longest continuously running sporting event in the U.S., after the Kentucky Derby.

"It's the best time of year," said show spokeswoman Gail Bisher. "Dogs take over New York."

All are vying for the top prize of Best in Show, to be announced Tuesday evening at the finale of the two-day competition at Madison Square Garden.

This year will mark the last show co-hosted by David Frei, who is bowing out after 27 years as the face of Westminster.

Nearly 200 breeds and varieties are eligible for this year's show. As usual, Labrador retrievers and golden retrievers have the most entries, with 51 and 50 contestants, respectively. The French bulldog, with 48 bat-eared entries, comes in third.

"It's the best time of year. Dogs take over New York."

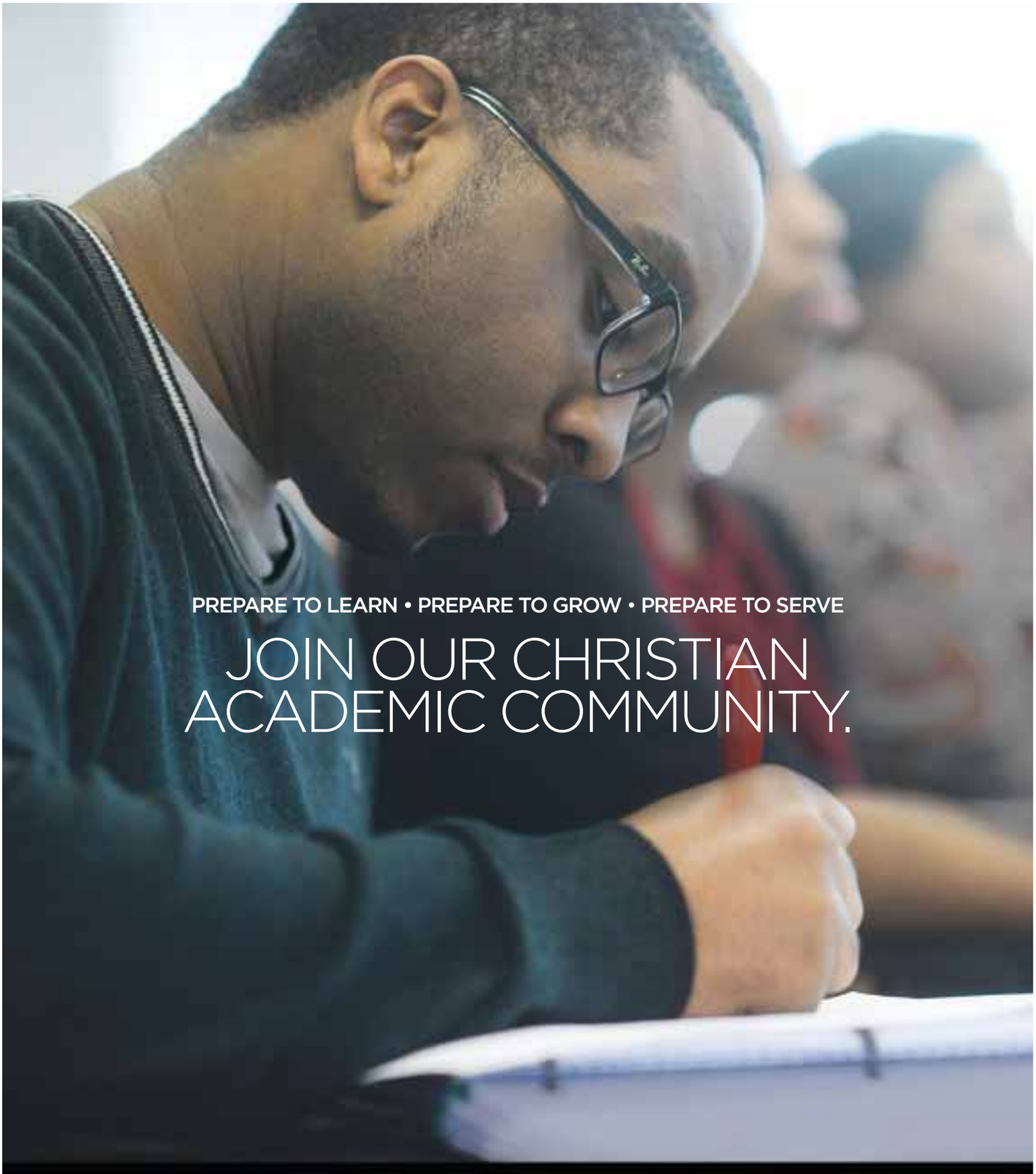
Show spokeswoman Gail Bisher

Seven breeds — the Bergamasco, Lagotto Romagnolo, Berger Picard, miniature American shepherd, Boerboel, Spanish water dog and Cirneco dell'Etna — will make their debuts this year, having just been added to the American Kennel Club's registry.

After judges select the best of each breed, the top dogs are narrowed down to best of each group: hound, toy, non-sporting, herding, sporting, working and terrier. The winners go on to compete for Best in Show, the contest's ultimate prize.

Leading up to each show, Johnny Avello, director of race and sports operations for Wynn Las Vegas casino, releases his predictions for winning breeds. His pick this year is a German shepherd.

Last February, a bouncy female beagle named Miss P was named the winner, earning a trophy and a U.S. media tour. REUTERS



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NYPD investigates Spitzer assault claim

A woman has claimed Eliot Spitzer assaulted her over the weekend.

Detectives in New York are investigating a woman's claim that former Gov. Eliot Spitzer assaulted her at a midtown hotel, a New York law enforcement source said.

Lisa Linden, a spokeswoman for Spitzer, said "there is no truth to the allegation."

Manhattan police are attempting to determine whether Spitzer, who resigned from the governorship during a prostitution scandal in 2008, was involved in the incident, which allegedly occurred on Saturday, the law enforcement source said.

"The victim has indicated that the subject is Eliot Spitzer. ... We are attempting to further establish the identity of the subject and the nature of the incident." NYPD

The law enforcement source would not provide details on the nature of the alleged assault. The New York Post said the woman had accused Spitzer of choking her, but Reuters could not independently confirm that report. CNN reported that police went to the hotel Saturday after receiving a call about an emotionally disturbed person, citing an unnamed source. REUTERS

Spitzer GETTY IMAGES

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People avoid a snow puddle. NICOLAUS CZARNECKI

Frigid grip eases

Brutal cold — the kind that makes your eyes tear, your face sting and your nose run — sent us running for warm cover this past Valentine's weekend (hopefully you were wrapped around someone you truly love) and on Presidents Day we saw some snow that spread across Philadelphia and New York city during the afternoon. This led to slick and snow-covered roadways by yesterday afternoon and into the early evening.

Luckily, the storm system producing the snow will be taking a track west of Philadelphia, New York City and Boston, putting the major metro hubs in the eastern milder flank of this developing storm, and when the heaviest of the precipitation arrives on early Tuesday it will fall in the form of rain, with heavy downpours expected at times. Strong southerly winds will send temperatures soaring into the 50s on Tuesday meaning in some places it will actually be 60 degrees warmer than it was on early Sunday morning.

New York City
Polarmageddon has released its grip, but then we had some snow to deal with. The light snow arrived after 2 p.m. Monday, and then became moderate for a while by late afternoon. It wasn't a major snow event, but it was enough to make travel slick as many roadways were covered after 4 p.m.

By 7 p.m., generally 1 to 3 inches accumulated in and around the city, with as much as 5 inches in the hills of northwest New Jersey.

Rain later took over. Southerly winds will send temperatures soaring Tuesday into the 50s at the same time rain will come down heavy at times. Dry weather will return on Wednesday with readings in the 40s.

Time frame to watch:
Feb. 22-March 1.

- Polar episodes, along with increased storm potential.

Bolaris' Weather Watch

Record temps

It was the Valentine's Day Polarmageddon as the polar icebox sent temperatures tumbling to the coldest levels since 1957.

- Boston -9
- Hartford -12
- Providence -9
- Worcester -16

Philanthropist David Rubenstein sits during an event to announce his financial contributions to improve the Lincoln Memorial on Monday in Washington, DC. GETTY IMAGES

Memorial gets $18.5 million donation for restoration

The work will also allow visitors to view the foundation pillars and graffiti left by workers who built it, the National Park Service said in a statement.

Philanthropist David Rubenstein has donated $18.5 million to restore the Lincoln Memorial in Washington, the National Park Service said on Monday, the Presidents Day holiday.

The memorial to President Abraham Lincoln, the 16th president, will undergo masonry repair, cleaning, conservation of murals, renovations and have an elevator added to improve accessibility.

"This donation will not only safeguard one of our most visited and recognizable memorials, but will preserve Lincoln's legacy for future generations to appreciate," Interior Secretary Sally Jewell said.

The white-columned memorial at the west end of the National Mall was dedicated in 1922. It is one of the U.S. capital's major tourist attractions and was the site of the "I have a dream" speech in 1963 by Rev. Martin Luther King Jr.

Rubenstein, co-chief executive of the Carlyle Group, is one of the Washington area's leading philanthropists. His donations include $7.5 million in 2012 to restore the Washington Monument after an earthquake and $12.35 million to rebuild Arlington House, the Robert E. Lee Memorial, in 2014. REUTERS

BRIEF

Foreclosure crisis snarls Clinton, Sanders' efforts to reach Nevada voters

Democratic presidential hopefuls Bernie Sanders and Hillary Clinton are flooding Nevada with volunteers ahead of this week's key nominating contest, but they face a problem — the addresses, phone numbers and other personal data they need to reach many voters are out of date.

Nevada, which is more than a quarter Latino, was one of the states worst affected by the 2008 financial meltdown, with hundreds of thousands of families unable to pay their mortgages and forced to move in a crisis that by some estimates hit minorities twice as hard as whites. REUTERS

BRIEF

Alabama company gets US permission to build tractors in Cuba

The U.S. government has granted an Alabama company permission to build tractors in Cuba, one of the company's co-owners said on Monday, making it potentially the first American manufacturer to open shop in Cuba since the 1959 revolution.

Co-owners Horace Clemmons and Cuban-born Saul Berenthal plan to self-finance a $5 million to $10 million factory at the Cuban port of Mariel just west of Havana to build small tractors for sale to private farmers and builders in Cuba.

The U.S. Treasury Department's Office of Foreign Assets Control (OFAC) informed Clemens and Berenthal last week they were cleared to do business under new regulations issued by the administration of President Barack Obama that expand commerce with Cuba.

Clemmons and Berenthal, who call their Paint Rock, Alabama-based company Cleber LLC, are in advanced talks with Cuban authorities and hope to get official permission in March.

The small tractors, which have yet to be mass produced, were designed with the Cuban market in mind, drawing on farm history to suit the needs of small farmers as they began to mechanize, Clemmons said.

"Small farms are going to need a small, low-cost tractor that can be repaired in the field or a local shop. We looked back at ones we believed would be the best model to use as a starting point for designing a new technology tractor," Clemmons said.

Named "Oggun" after the god of iron in the Afro-Cuban religion Santeria, the base model will be priced at $8,000 to $10,000 and can be converted into a backhoe, a forklift or an excavator with additions, Clemmons said. REUTERS

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Four US journalists detained in Bahrain

The State Department said it was aware of reports that U.S. citizens had been arrested but declined further comment.

An American journalist and three members of her camera crew were detained in Bahrain on Sunday, Reporters Without Borders said on Monday, urging Bahrain to release the four American citizens "rapidly and without harm."

In a statement, the group described Anna Day and her three colleagues as experienced journalists, who had most recently worked on virtual reality documentaries in Egypt and Gaza.

Bahraini police said earlier they had detained four foreign nationals. Bahrain's interior ministry said in a statement the four were "suspected of offences including entering Bahrain illegally having submitted false information to border staff, and participating in an unlawful gathering."

Anna Day FACEBOOK

A representative for Day's family rejected any suggestion that the four were involved in any illegal behavior or nonjournalistic activities.

The Arabic-language Mira'at al-Bahrain (Bahrain Mirror) said the four were detained in Sitra, a Shiite village east of Manama, on Sunday while covering clashes between local demonstrators and security forces.

The demonstration was meant to mark the fifth anniversary of widespread Arab Spring protests in 2011, mainly by Shiite Muslims demanding reforms and a bigger share in government.

Those protests were put down violently by Bahraini security units with help from security forces from Gulf Arab states, including Saudi Arabia. But the kingdom, where the U.S. Fifth Fleet is based, continues to see bouts of unrest, especially in villages where Shiites are a majority.

REUTERS

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Republicans gear up for Supreme Court battle after Scalia's death

The next justice could tilt the balance of the nation's highest court, which was left with four conservatives and four liberals.

Antonin Scalia GETTY IMAGES

"What I don't want to see is more fighting and more recrimination."

Kasich, on ABC's "This Week"

Republican lawmakers and presidential candidates hardened their positions on blocking a move by President Barack Obama to fill the Supreme Court seat left by the late conservative Justice Antonin Scalia, a lifetime appointment that would help decide some of the most divisive issues facing Americans.

The vacancy quickly became an issue in the 2016 presidential race. "We ought to make the 2016 election a referendum on the Supreme Court," U.S. Senator and Republican presidential candidate Ted Cruz said on NBC's "Meet the Press."

The normally nine-justice court is set to decide this year its first major abortion case in nearly a decade, as well as cases on voting rights, affirmative action and immigration.

Obama will nominate someone to fill the empty seat but will wait until the Senate is back in session, the White House said.

"At that point, we expect the Senate to consider that nominee, consistent with their responsibilities laid out in the United States Constitution," White House spokesman Eric Schultz said.

Shortly after news of Scalia's death, Republicans vowed not to act on the vacancy until Obama's successor takes office next January. Senate Democratic leader Harry Reid said failure to act would be a "shameful abdication" of the Senate's constitutional duty.

Republicans cited 80 years of tradition in which no Supreme Court nominees were approved in presidential election years. In fact, Justice Anthony Kennedy was approved in 1988, after a bruising battle in which the Senate rejected President Ronald Reagan's first nominee, conservative Robert Bork.

Supreme Court nominations are rare, so neither side has much data to rely on in determining precedents. History is also an unreliable guide as the nomination process has become significantly more politicized in recent years.

Ohio Gov. John Kasich, a moderate among the Republicans vying for the White House, said the Senate should wait because a battle this year would only deepen divisions in the country. REUTERS

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WHAT NEXT AFTER ROLLICKING GOP DEBATE?

TOM FOREMAN

Opinion

CNN's Tom Foreman is the author of the new book "My Year of Running Dangerously."

Let's face it: Some days watching politics can be like watching other people make out – sure, it's fun for them, but what do I get out of it? Lately, however, I've been having a blast eyeballing this free-for-all barroom brawl that is passing for a presidential election. And I think this week may be one for the record books – here are my three things to watch.

1. Republican Punch Up: The broken bones have been splinted, and the ice packs handed out following the weekend debate; watch for the GOP'ers to roar back out on the trail looking for revenge. They've dropped all pretense of "never speaking ill of a fellow Republican" as Reagan urged. Trump and Cruz will keep trading body blows, the rest of the gang will keep savaging each other, and everyone will keep hoping to be the last man standing. Next trial match: South Carolina on Saturday. Expect no gloves, no surrender and no mercy until that vote is done.

2. Dem-olition Crew: The Democratic contenders spent a couple of months chortling at the raging Repubs, but now they've got a war all their own. I, for one, can't wait to see what comes next in the increasingly fierce battle for the Democratic nomination, or as I like to call it, "Sharknado 5." Sanders will mainly counterattack – it is his nature. But heading into the Nevada caucuses, which are also on Saturday, watch for Camp Clinton to try to bite down hard and draw serious blood. She must come out of the next contest with a solid win, or that campaign shake-up I've been predicting becomes a sure thing.

3. Race Relations: The most important subtext of the Democratic contest right now is the battle for minority voters. Make no mistake, this is dicey territory where the line between pandering and politicking can be very thin. Clinton has an edge, but if she tries to play it too hard it could go bad fast – with costly consequences.

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Google says it won't participate in 2016 US airwaves auction

Alphabet Inc.'s Google will not participate in the Federal Communications Commission's upcoming auction of broadcast airwaves that can help the wireless industry improve coverage, a spokeswoman told Reuters on Friday.

Some industry watchers had expected Internet search giant Google to be a dark horse participant in the auction. In April last year, the company launched a new wireless service that switches between Wi-Fi and cellular networks hosted through Sprint Corp. and T-Mobile US Inc.'s networks.

Google last participated in a 2008 FCC auction but did not buy any airwaves.

The FCC will be auctioning off valuable 600 megahertz airwaves that

Google headquarters GETTY IMAGES

can travel long distances and penetrate buildings. The auction is aimed at wireless carriers and other companies that want to improve existing wireless networks or build new ones.

Wireless providers such as Verizon Communications Inc., AT&T Inc. and T-Mobile and cable operator Comcast Corp. have said they will take part in the auction.

The FCC's deadline for interested bidders to file applications to participate in the auction ended on Wednesday. The auction will kick off on March 29.

REUTERS

"Like all those interested in improved connectivity and equitable access, we'll be following the upcoming spectrum auction closely. That said, we have not filed to participate."

Google spokeswoman

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NASA spacewalk training

NASA astronaut Peggy Whitson trains underwater for a spacewalk at the Neutral Buoyancy Laboratory (NBL) at Johnson Space Center in Houston. Whitson is scheduled to launch to the International Space Station in late 2016 as part of Expedition 50/51. NASA, BILL BRASSARD

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Can Baby Boomers Avoid Knee Surgery With Modern Arthritis Treatments?

Doctors say these two factors are the keys to knee arthritis treatment success and relieving pain without surgery

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

"We all know that countless lives are being saved every year because of early detection and better treatment of cancer," noted the clinic director at the OsteoRelief Institute in New York City. "*The same holds true for treating knee arthritis pain. I believe we are having so much success at OsteoRelief Institute because of two factors: One is we are using advanced medical technology and treatments a lot of clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to avoiding knee replacement surgery is doing the correct treatments as soon as possible."*

What is the "correct treatment?"

"That depends," said the director. *"There is no one answer when it comes to medical conditions and knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day,"* added the director.

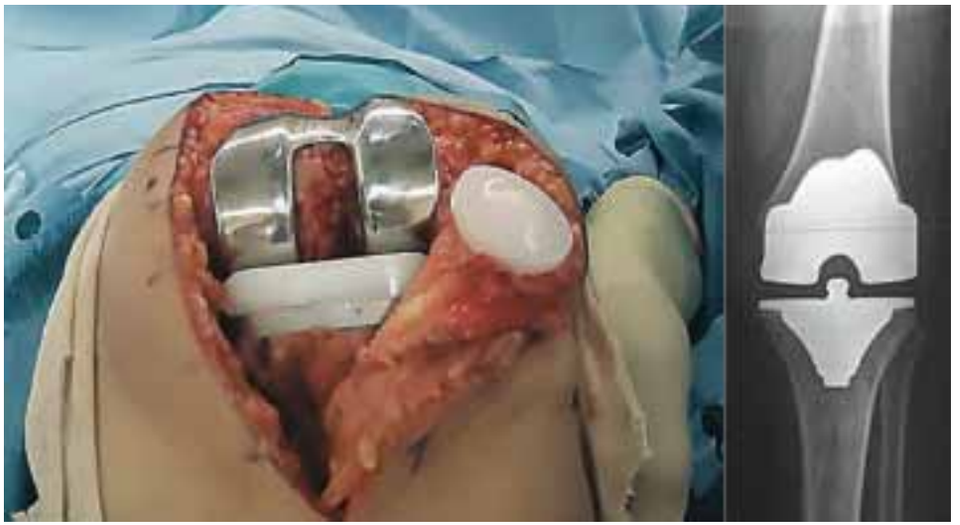
For many knee arthritis pain sufferers the right treatments is viscosupplementation. In this treatment, a preparation of Hyaluronic acid (such as Hyalgan) is injected directly into the knee joint.

Hyaluronic acid is a natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your car low or without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupplementation gets the best results and is so important for avoiding surgery.

The director, believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space. That's why the doctors at OsteoRelief Institute use advanced imaging technology called a "C-Arm."

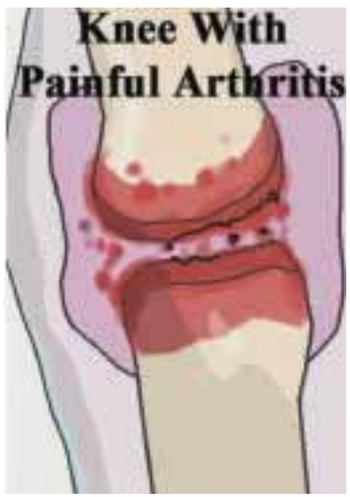
A C-Arm allows the doctor to see into the joint and actually watch the injection go where it is supposed to. Research shows that performing injections without digital imaging can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without advanced imagining and did not get good results - this may be why.

"If you have knee arthritis pain, viscosupplementation might be the answer you are looking for. The keys are to not wait, get a good evaluation from an expert and make sure advanced digital imaging (C-Arm) is used to make sure you have the best chance for success."



Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife.

Everyone Wants Proof: In the artist simulated drawings above, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.



Pain - the red is a knee joint with painful osteo-arthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.

Successful Treatment - Hyalgan (blue) being precisely injected directly into the knee joint using laser guided hologic imaging. Advanced imaging allows treatments to be as precise as possible. Hyalgan can lubricate the joint and decrease pain.

Failed Treatment - the injection (and Hyalgan) misses the joint space. Research shows this occurs up to 30% of the time without the use of laser guided hologic imaging to guide the injection. This is why Hyalgan may not have worked for you.

Knee Pain Screenings Offered To Help Determine If New York Metro Area Residents Qualify For Popular Treatment

Knee pain sufferers have limited time to claim knee pain screening to see if all-natural knee arthritis treatment might work for them

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the past year and a half, hundreds of knee pain sufferers have flocked to OsteoRelief Institute New York City.

That's when their specially trained-doctors added Hyalgan treatments to their already successful comprehensive knee pain relief program.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil." It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated.

When it is injected directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers - even many who have already tried other injections like Synvisc, Supartz, Orthovisc and even Hyalgan. We use special and very advanced advanced low dose video flouroscopy imaging called "Hologic Digital Imaging" so we can see right into the joint. This allows us to put the Viscosupplementation exactly where is needs to be. Studies show doctors doing joint injections without flouroscopy miss the joint up to 30% of the time." said the director of Arthritis Treatment at Osteorelief Institute.

OsteoRelief Institute is a state of the art medical facility offering only the best technology.

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. I can't tell you how many patients have cancelled their total knee replacement surgeries." added the director.

How To Get I

If you have knee pain, the director would like to invite you for a no obligation screening to see if you are a candidate for Hyalgan treatments.

Advanced Medical Technology Can Make All The Difference: This advanced digital imaging called a C-arm allows doctors to see directly into the knee joint so treatments are precise and the Hyalgan actually goes where it is supposed to. Studies show that injections done without digital imaging can miss the joint up to 30% of the time. This is one reason Hyalgan or other Viscosupplementation may not have worked for you. OsteoRelief Institute uses this C-arm for every Hyalgan treatment.

All you have to do is call 800-227-KNEE (5633) right now and when the scheduling specialist answers the phone tell her you would like your no obligation "Knee Pain Screening." The specialists at OsteoRelief Institute can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obligation screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

And here's something really important - Viscosupplementation treatments are covered by most insurance and medicare. To schedule your no obligation screening or if you have any questions call 800-227-KNEE (5633).

If You Can Answer Yes -You Are Eligible For A Knee Arthritis Screening With The Experts At OsteoRelief Institute

- **Do you have pain and osteoarthritis (arthritis) of the knee?**
- **Have you tried other treatments such as NSAIDS and other anti-inflamatory medications without success?**
- **Have you already tried viscosupplementation (Hyalgan, Suparz, Synvisc) without satisfactory results?**

If you answered yes to any of these questions - give OsteoRelief Institute a call and schedule your no obligation knee pain screening 800-227-KNEE (5633).

Mid Fashion Week report

Here's every talking point, trend and celebrity sighting you need to know about. **TINA CHADHA**

Ahoy, Fashion Week!

The award for the most elaborate set goes to Tommy Hilfiger. The designer transported showgoers to sea aboard a very entertaining ship (complete with Instagram pit!). Indeed, the models were kitted out for a disco night on deck: swingy ladylike frocks, silky pajama dressing, refined Peter Pan collars and sequinned skirts. But the magpie styling — topped off with a tiara — felt a little like Alessandro Michele's quirky, vintage-inspired show for Gucci. Regardless, we're sure consumers will be on board with the collection.

DVF skips the runway for a dance party

You can't sit with them.

Diane von Furstenberg ditched the runway for a party at her Meatpacking flagship.

On the ground floor, models in retro prints: bow-front blouses and chic, work-appropriate trousers flaunted looks in vignettes set up like an office.

Upstairs, however, was all party. There, the queen bees of the industry — Karlie Kloss, Kendall Jenner, Gigi Hadid, Jourdan Dunn and Lily Aldridge — danced to disco tunes in glam dresses with slits up to there while everyone in the audience clamored to get an Instagram.

Alexander Wang showed marijuana leaf prints

Alexander Wang took us to church — literally —for his show. The venue, the gorgeous St. Bartholomew's on Park Avenue, was an interesting, if not perfect, place to preach about youth rebellion.

And what are today's badasses wearing? Wang's lineup of misfits walked down the aisles in demure tweed skirt suits with eyebrow-raising hemlines and edgy hardware; dresses and coats with, yes, marijuana-leaf prints; fuzzy angora beanies; sheer tops with black censor bars displaying words such as "strict" "girls" and "tender"; and sweaters and corduroys featuring prints of pole dancers.

Trends

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Gender-bending on the catwalk

Forget boyfriend jeans — maybe your boyfriend wants to wear your jeans? At Tibi, designer Amy Smilovic's updated her signature mannish trousers and relaxed shirtdresses with army-inspired details and jewel tones. But they weren't the big news on the runway. For the first time, four male models walked the show, sporting the same looks as the ladies. Smilovic isn't the only one questioning masculinity and femininity on the runway. At Hood by Air, Shayne Oliver, known for his provocative, gender-bending shows, put a male model in red patent stiletto boots. Welcome to our world, boys.

Rihanna debuted next season's 'it' item

Thought nothing could top Kanye's Yeezy Season 3 spectacle? Enter BadGalRiri. Rihanna's Fenty x Puma debut of goth athleisure had Twitter going nuts. Here's what you need to know:

The looks — mostly black and white, and more rave than fitness-ready — were inspired by "today's Japanese street culture" and included thigh-high lace-up boots, slouchy oversize sweatshirts, sexy fitted dresses with corset detailing, deconstructed bomber jackets, crop tops and plays on the traditional tracksuit. The vampy styling underscored the subversive tone. Models wore black lipstick, chokers (want!) and hot thigh-high stockings.

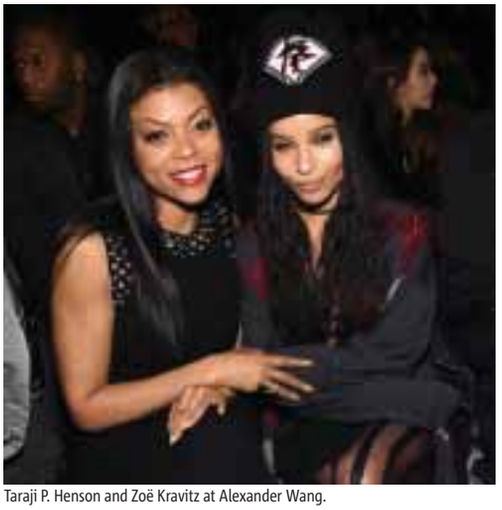
But the real talker was Rihanna's look, natch. The star came out for her final bow in a pair of stiletto sneakers that screamed wait-list.

One to watch

Sies Marjan

Dutch designer Sander Lak, who was previously the head of design at Dries Van Noten (another industry darling), dazzled the jaded — and frozen — fashion set over the weekend with his debut of effortless looks in sublime colors (zippy acid yellows, sweet pale rose and warming latte) and couture techniques. Can this one be direct-to-consumer, please?

Front row



Taraji P. Henson and Zoë Kravitz at Alexander Wang.

Coco Rocha, Jamie King and Naya Rivera at Christian Siriano. LEANDRO JUSTEN

Humberto Leon, Carol Lim, Jaden Smith and Sarah Snyder at Opening Ceremony. WGREG KESSLER STUDIO

Olivia Palermo and Hilary Rhoda at Carolina Herrera.

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Kendrick Lamar, Stevie Wonder change the show's conversation.

RACHEL RACZKA
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Unlike the Oscars, can the Grammys be an inclusive awards show? Taylor Swift, sporting a black sparkly jumpsuit and a brand-new bob, opened the 58th annual Grammy Awards with a performance of "Out of the Woods" that felt a little too safe.

Was this a sign of things to come?

"Hello and welcome to the 2016 Grammy Awards," said the multinominated artist. "But right now, it's 1989."

Taylor wanted you to know that despite all that Kanye controversy, this was her show, too. And should she win the night's biggest awards — shutting out favored frontrunner Wiz Khalifa, making her the centerpiece of a thousand thinkpieces about women and race and pop music — she wanted you to know she deserves it.

But still, Kendrick Lamar took Best Rap Album right off the bat, as well as winning four during the pre-broadcast ceremony.

Grammy regular, Taylor Swift.

Unlike other awards ceremonies that waste time with rambling hosts and trying-too-hard acts, the Grammys continue to be performance-heavy. We for one are not complaining.

Pairing the incredible Andra Day with her fellow sultry and soulful singer Ellie Goulding worked better than either probably had anticipated. Tori Kelly and James Bay were fantastic, but that's more mutually understood. Even Justin Bieber's acoustic "Love Yourself" was a good time.

The John Legend, Demi Lovato, Luke Bryan, Tyrese, Meghan Trainor tribute to Lionel Richie was wonderfully fun and so contagious, it was accompanied by the man himself.

There were also tributes. The Eagles reunion for the late Glenn Frey was heartfelt. But The Pentatonix's controversial tribute to Earth Wind & Fire's Maurice White was only tolerable thanks to the wonderful Stevie Wonder. Wonder didn't skip a beat and used the moment to remind us that striving for "inclusion" includes the disabled.

The best acts of the night, however, belonged to Broadway's "Hamilton," which brought down the house, giving the rest of the world a peek of music's changing tune on the Great White Way and the spectacular Bowie tribute by Lady Gaga.

Lamar took home the first award of the night. ALL PHOTOS GETTY IMAGES

'Why We Came to the City' gets urban life

Kristopher Jansma tells us about his own fickle relationship with inner-city living and the real-life traumas that inspired the book.

REENA KARASIN
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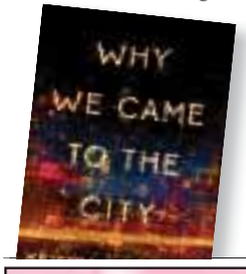
Kristopher Jansma's second novel, "Why We Came to the City," (out today) begins at the onset of the 2008 financial crisis and centers around a group of five close friends in their 20s who moved to New York City after college.

One of the characters is diagnosed with cancer and the friends struggle through the uncontrollable illness, which is paralleled by the economic turndown. "Neither [struggle] cares how hard you're working, how much you deserve success, or all the things you believe when you're young will eventually get you the things you're after," Jansma tells us.



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Writing what he knows

Jansma has firsthand knowledge of both experiences. His younger sister, Jennifer, was diagnosed with a rare form of cancer at age 21, and later passed away in 2008. Then he lived through the recession in New York City and, like many others, feared for his livelihood.

Despite the novel's serious themes, "Why We Came to the City" is often humorous and shows a different side of Jansma's writing than his debut novel, "The Unchangeable Spots of Leopards." "I think the beautiful little counterbalance to [the heavy themes] is that it also has this sort of warmth, this humor, which really comes in through their friendships with one another," he says. "It's a book about hard things happening to people, but it's also about how they can come together as friends to get through it."

Kristopher Jansma lives in Brooklyn, New York. MICHAEL LEVY

I (sometimes) heart New York

The novel reflects Jansma's ever-changing relationship with the city, from love to alienation and back again. Jansma, who is considering moving to the suburbs with his wife and young son, explains that his feelings toward New York City have fluctuated over almost 13 years living there.

"I didn't hate it I guess, but I didn't love it. I was totally overwhelmed," Jansma says of first moving to New York City. "My relationship with the city's changed so much. It really has become like a companion."

While the city in Jansma's life and novel is New York City, he emphasizes that the themes and experiences of "Why We Came to the City" are relevant to cities everywhere. "I think it's a book that will appeal to people from other cities, but also just from anywhere — anybody that's ever chased a dream," Jansma says.

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What causes someone to snap?

The truth about how the brain works when it comes to rage.

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Neurobiologist Doug Fields is a typically easy-going guy. But when he was robbed while vacationing in Spain, he completely flipped out and got in a violent fight.

We see this sort of snap in big ways and small ways every day. It dominates headlines when someone starts shooting at a public place. And we see it in smaller ways on our morning commutes. What exactly happens in the brain that causes someone to freak out? Doug Fields obsessively researched why and published his findings in "Why We Snap."

It can happen to you

"Anyone can snap given the right provocation," Fields tells us. Fields studied the neuro circuits in the brain and found rage triggers everyone has. "Why We Snap" outlines nine, the most common ones being a life-or-death threat, threat to a loved one, threat to your home or threat to your tribe.

Instincts aren't always bad

When it comes to rage circuits and the unconscious workings of the brain, Fields says it's a double-edged sword. Being able to act quickly without thinking about what the "correct" response is can even be life-saving: Fields points out that soldiers in a combat zone or inner-city youth depend on it.

"We only call it snapping when the outcome is wrong," he says. "When you look in the brain, the same circuits are activated when we say someone is heroic or 'quick-thinking.'"

How to not react the wrong way

So, how do you make sure these innate reactions make you a hero and not a criminal? Fields says the key is identifying what the trigger of your rage is. (His book gives an easy-to-remember mnemonic to help.)

"As soon as you identify the trigger, it just goes away because you realize this is not a situation where getting into a physical battle is going to help. And so it's not even a cognitive process involved, other than identifying the trigger," he says.

It all comes back to biology: "The triggers are designed to protect you. They are not bad. What you have to do is identify the trigger."

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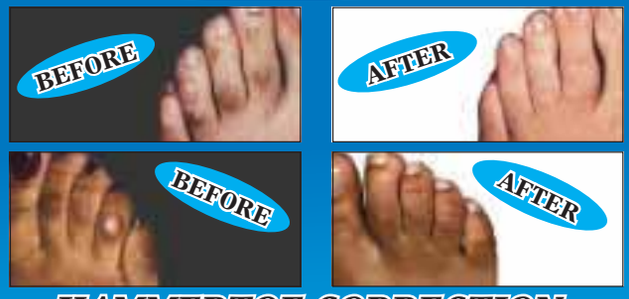

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The Union Square Sweat Fest takes place Feb. 20-25. ISTOCK

With over 300 fitness studios — not counting all the gym chains — New York City is starting to rival traditionally health-conscious cities like Los Angeles when it comes to fitness fever. Next week, New Yorkers will be able to score tons of deals for fitness studios and activewear at Union Square's Sweat Fest, happening Feb. 20 through 25. Hey, rolling up to your speciality gym or yoga class looking chic can get pricey, so get those promotions where you can.

The festival will kick off on Saturday with three different 45-minute classes led by "The Today Show's" fitness correspondent Jenna Wolfe, BeachYogaGirl Kerri Verna and former Rockette Amanda Kloots.

Some of the vendors handing out swag and clothing discounts include Athleta, Bandier, Jack Rabbit, Lululemon and Sweaty Betty — and that's just to name a few. Roughly 50 fitness studios and gyms will be participating as well, including Physique 57, Swerve, YMCA, Row House and Revolve.

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HOW TO GET AHEAD

Self-promote in style — and without being shameless

Subscription-based newsletters give readers the inside scoop, making the old-school medium all the rage online.

JENNIFER SAWYER
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Sandwiched between promotional emails and reminders about your overdue ConEd bill, you may find a gem: a personal newsletter. Interested in writing your own, a la Lena Dunham's "Lenny Letter" or the young whippersnappers behind "The Skimm"? Consider these five tips.

Find your voice

Do you want to make people laugh? Promote your writing or business? Open a window into your life? The purpose of your letter should determine its tone. "This is your opportunity to present yourself to an audience the way you want to come across," says Steven Aldrich, chief product officer at GoDaddy.

Ann Friedman, the writer behind the popular newsletter, "Ann Friedman Weekly," also emphasizes the importance of developing your personal voice. "Trust your own opinions," Friedman says. "For me, the whole point of a personal newsletter is I decide."

Consistency is key

Sending your emails regularly will get you in a rhythm and give your readers something to look forward to. And if subscribers don't immediately pour in, don't drop off. "I was doing it consistently for at least a year-and-a-half to two years before a big group of people took notice," Friedman says. Aldrich suggests making a schedule to avoid "going dark" during busy times.

Self-promote (without being shameless)

Newsletters can help grow your brand and get your work out there. "You cannot be shy to talk about things you are proud of," says Friedman. But ultimately, it's not all about you. Consider what role your newsletter plays in the larger conversation. "It's more about how you're participating in a space or platform."

Respect your reader

Your subscribers chose you — yes, you — upon whom to generously bestow their email address. Don't abuse the privilege. "There's implicit promise that you're going to be respectful of them," says Dan Lewis, the writer behind "Now I Know," a newsletter that teaches readers something new every day. Even with a subscription base of over 100,000, Lewis replies to nearly every email he receives, even if it's just a simple "thank you."

One thing you should never, ever do?

"It's a cardinal sin to autosubscribe anyone to your newsletter," Friedman says.

Build your following

Do you want the reader to visit your website? Share something on social media? Tell a friend? "Ask for someone to take action," Aldrich says. The stronger the call to action, the more people will spread the word.

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Matthew Moorhead works on CAESAR (Celluarly Accessible, Expressive, Semi-Autonomous Robot), whose expressions and movements are designed to mimic human ones to someday help children with disabilities. NYU SHELDON SMITH

Brooklyn's new hot trend: robots

At NYU's Tandon School of Engineering, an innovative program brings cutting-edge technology to the borough.

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Driverless cars? Pizza delivered by a drone? Robots gentrifying Brooklyn? This isn't "Total Recall." In a new mechatronics and robotics master's program at New York University's Tandon School of Engineering, students are learning how to bring cutting-edge innovations into our everyday lives.

Vikram Kapila, an NYU professor of mechanical and aerospace engineering, says that the program will give students the opportunity to break new ground in an age of innovation.

"I think it's very relevant to students' professional interests, and highly relevant for the startup economy," he says. "We'd hope for the Steve Jobs or Bill Gates or Mark Zuckerberg of robotics to come out of our program in the next five years."

The term "mechatronics" was coined by Japanese engineers in the

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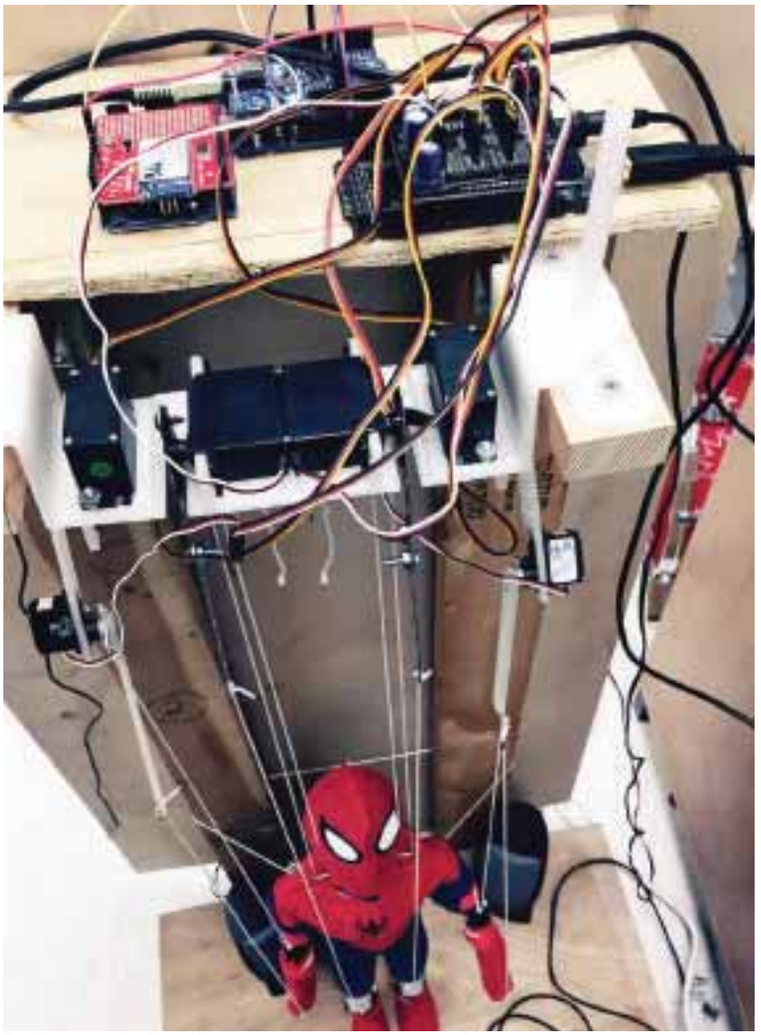


This iPhone-controlled Spider-Man puppet is used to teach programming. By watching the strings, students can tell whether they've coded the robot's movements correctly. NYU

late 1960s as an increasing number of products were fusing the mechanical and the electrical, explains Kapila. Although mechatronics courses have been around since the early 1990s, only recently have universities developed programs specializing in the discipline.

There are numerous mechatronics and robotics programs abroad, but the NYU degree is one of the first of its kind in the nation.

Mechatronics is already a part of our daily lives, from thermostat chips that measure temperature to air-bag technology. But the potential applications are endless.

At NYU, students learn multidisciplinary skills that include programming, electrical circuit theory and mechanical design, and get hands-on experience building and creating in a maker's lab. Tandon's dean of students, Katepalli Raju Sreenivasan, says that one of the program's benefits is comprehensive, hands-on experience.

"I expect that the people who graduate from these courses will be able to handle everything from industry robots to biorobots, all the way to artificial intelligence and that kind of thing," explains Sreenivasan.

Sai Prasanth Krishnamoorthy, a student who started in NYU's engineering program, is creating new devices with the click of a button. The first mechatronics cohort will begin in the fall, but about a dozen enrolled students like Krishnamoorthy are migrating to the new program.

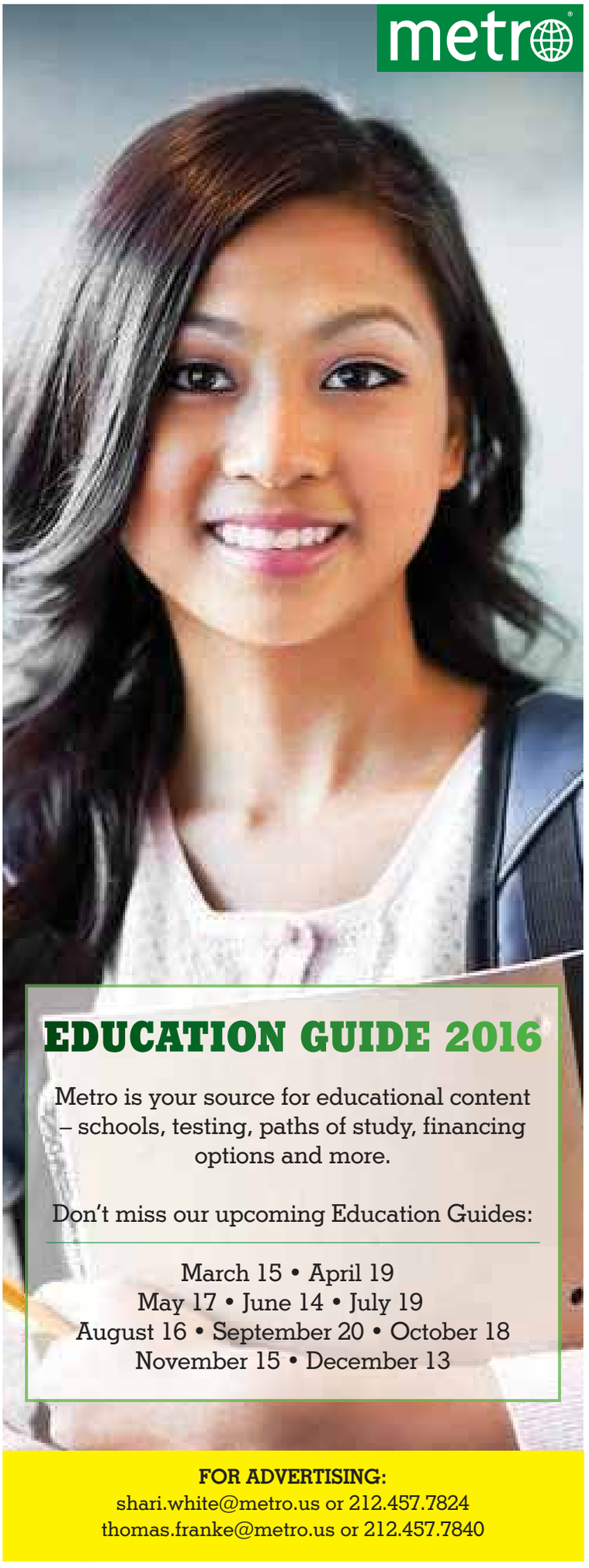
"I started by making a small walking robot which can obey voice commands. Ever since, I have built a robotic puppet, robotic painting arm, gesture-controlled vehicle platform and Turtuo, a turtle-shaped robot with proximity sensors and a cane to help blind persons navigate indoors," says Krishnamoorthy in an email.

Students are encouraged to cultivate a sense of social responsibility. In Kapila's "Robotics for Disabilities" course, for instance, students are working on a cartoon-like robot that uses facial expressions and body posture to show emotions like joy and fear. It draws from research that shows people with autism respond well to cartoon characters.

In the near future, Kapila suggests, mechatronics may transform our lives. "Companies like Uber and Google, they're going to redefine the urban movement of people," he says "I can order a car on my app and that car will come here [to the Jay Street NYU campus] without a driver, take me to Washington Square, and then someone else would pick it up immediately."

For students like Krishnamoorthy, who suggests robots will be a part of our daily life within the next decade, the possibilities are endless.

"This revolution demands a class of engineers who are 'makers,'" he said.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Knicks midseason report card: Mostly 'C' students on the roster

The Knicks are decidedly average heading into the second half.

TONY WILLIAMS
@TBone8
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The Knicks are certainly a much better team now than they were at this point a year ago, but that doesn't mean all is well and fixed.

New York (23-32) enters the second half of the season losers in six-straight games and 10 of its last 11 contests — and only above three other putrid franchises in the Eastern Conference. Team president Phil Jackson just relieved his protégé, Derek Fisher, of his head coaching duties, and pretty much admitted that this current roster won't change much ahead of the Feb. 18 trading deadline.

Jackson candidly offered that aside from his two untouchables — All-Star forward Carmelo Anthony and rookie sensation Kristaps Porzingis — there's not much talent to be offered in trade talks. And since general manager Steve Mills has stated publicly that the Knicks won't be mortgaging the future by relinquishing draft picks anymore, it makes for very little bargaining chips that New York has to offer.

Barring a team willing to be duped by the Zen Master, this current version of the Knicks roster will be the one trying to dig out of its hole and back into the playoff race.

Metro doles out grades and the skinny on each regular-rotation player:

Carmelo Anthony

There are trade rumors swirling (although Anthony has a no-trade clause) simply because this team appears to be going nowhere again and his trade value is at its peak since this is the best Anthony has played in years. An annual All-Star, Anthony is averaging 21.4 points, eight rebounds, and a career-high 4.2 assists and has completely bought into Jackson's triangle philosophies.
Grade: A

Carmelo Anthony and Arron Afflalo make the honor roll. GETTY IMAGES

Kristaps Porzingis

He's gone from draft-night boos to regular-season catcalls, as the Latvian big man has quieted the doubters and has made Jackson look like a genius. Porzingis, the fourth overall pick, has consistently been among the rookie leaders, as his 13.9 points, 7.7 rebounds, and 1.9 blocks per game are among the tops for first-year players.
Grade: B

Arron Afflalo

When he signed as a free agent, it was under the radar and relatively discarded. But the veteran shooting guard has provided a nice third option — and sometimes even a first or second option whenever either of the Big 2 misses a game. Afflalo is averaging 14.2 points per game and is the third-most efficient shooter on the team among perimeter players (45 percent from the field).
Grade: B-minus

Robin Lopez

He signed that huge deal over the summer (four years, $55 million) that's usually reserved for elite big men. But since there are very few of those remaining, he'll do. The 7-foot-1 center is averaging 9.3 points and 6.4 rebounds per game, and only Porzingis is averaging more blocks per contest (1.4).
Grade: C-plus

Lance Thomas

The New Jersey product may have finally found a home in New York. He's been revitalized, averaging a career-high in points (8.5) in 22 hard-earned minutes per night. He's also second on the team among perimeter players with 46-percent shooting from the field.
Grade: C-plus

Derrick Williams

The high-energy journeyman who is on his third team since being drafted in 2011, Williams is the catalyst off the bench. He's turned himself into a fan favorite with his manic hustle and jarring dunks. Williams, a former No. 2 overall pick, is averaging nine points in just 17 minutes of action each night.
Grade: C-plus

Langston Galloway

He's another fan favorite of the Garden faithful due to his high energy and feisty play. Galloway is averaging career highs in field-goal percentage (42 percent) and 3-point percentage (38 percent), while posting eight points in 25 minutes of action off the bench. He's also endeared himself with his teammates, coaches, and fans with his ability — and desire — to take and make several big shots.
Grade: C-plus

Jose Calderon

His 47-percent shooting from the floor is the best on the team among perimeter players, and the best he's shot in four seasons, but otherwise it hasn't been the best of campaigns for the highly paid veteran. Calderon is averaging career lows in points (7.5) and assists (4.1) and has been a liability on defense. What saves him is his veteran leadership for the younger players and the fact his contract ($7 million each this year and the next) basically makes him untradable.
Grade: C

Jerian Grant

The rookie point guard is probably the most talented lead guard on the roster, but what draws him back is his raw ability. He's been a willing student, learning at Calderon's feet, but has yet shown the consistency to take the veteran's starting job. In due time — if the season continues to go south — interim head coach Kurt Rambis will likely hand over the reigns to the former Notre Dame star and see what he can do.
Grade: C-minus

NOTICE OF PUBLIC HEARING

NOTICE OF A FRANCHISE AND CONCESSION REVIEW COMMITTEE ("FCRC") PUBLIC HEARING to be held on Monday, March 7, 2016 commencing at 2:30 PM at 2 Lafayette Street, 14th Floor Auditorium, Borough of Manhattan, relating to: 1) a proposed change of control of five cable television franchises held by Time Warner Cable New York City LLC ("TWC") in Staten Island, Northern and Southern Manhattan, Brooklyn and Queens whereby NewCo, LLC, will become the parent company of TWC. By that transaction, TWC will be ultimately controlled by New Charter, Inc.; and 2) a proposed change of control of two cable television franchises held by Cablevision Systems New York City Corporation (Cablevision) in Brooklyn and the Bronx whereby Cablevision will be ultimately controlled in majority part by Altice N.V and its parent entities.

A copy of the ownership organization charts reflecting the proposed changes of control ("proposed organizational charts") may be viewed at DoITT, 2 Metrotech Center, 4th Floor, Brooklyn, NY, 11201, commencing February 11, 2016, through March 7, 2016, between the hours of 8:30 AM and 3:30 PM, excluding Saturdays, Sundays and holidays. Paper copies of the proposed organizational charts may be obtained, by appointment, at a cost of $.25 per page. All payments shall be made at the time of pickup by check or money order made payable to the New York City Department of Finance. The proposed organizational charts may also be obtained in PDF form at no cost, by email request. Interested parties should contact Brett Sikoff at 718-403-6722 or by email at franchiseopportunities@doitt.nyc.gov.

NOTE: Individuals requesting sign language interpreters or any other accommodation of disability at the public hearing should contact the Mayor's Office of Contract Services, Public Hearing Unit, 253 Broadway, 9th Floor, New York, New York 10007, (212) 788-7490, no later than SEVEN (7) BUSINESS DAYS PRIOR TO THE PUBLIC HEARING. TDD users should call Verizon relay service.

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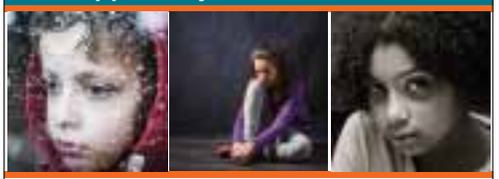

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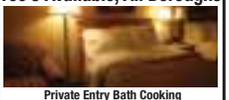

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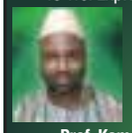

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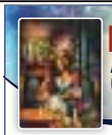

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LEGAL NOTICES

NOTICE IS HEREBY GIVEN that a license, Number 1292309, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 71 7th Ave., Brooklyn, NY 11217, for on-premises consumption. Mamarich Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1292300, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 828 64th Street, Brooklyn, NY 11219, for on-premises consumption. Hot Pot Blog Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1292067, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 1557 2nd Ave., New York, NY 10028, for on-premises consumption. Heng Ju Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1291674, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 11 Mott Street, New York, NY 10013, for on-premises consumption. Jasmine Concept Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1292543, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 330 Malcolm X Blvd., Brooklyn, NY 11233, for on-premises consumption. 330 Malcolm, Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1291646, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 165 East Broadway, New York, NY 10002, for on-premises consumption. Wu's Wonton King Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1292357, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 277 Grand Street, New York, NY 10002, for on-premises consumption. Pho Grand Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1292474, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 27 29 Division Street, New York, NY 10002, for on-premises consumption. Sunshine Seafood Restaurant Inc.

NOTICE OF SALE

SUPREME COURT COUNTY OF QUEENS, WELLS FARGO BANK, N.A., Plaintiff, vs. CARLOS URGILES, ET AL., Defendant(s).

Pursuant to a Judgment of Foreclosure and Sale duly filed on September 18, 2015, I, the undersigned Referee will sell at public auction at the Queens County Courthouse, Courtroom 25, 88-11 Sutphin Boulevard, Jamaica, NY on March 11, 2016 at 10:00 a.m., premises known as 172-27 127th Avenue, Jamaica, NY. All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough of Queens, County of Queens, City and State of New York, Block 12518 and Lot 59.

Approximate amount of judgment is $655,889.91 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index # 25374/09.

Thomas R. Purcell, Esq., Referee

Knuckles, Komosinski & Elliott, LLP
565 Taxter Road, Ste. 590
Elmsford, NY 10523
Attorneys for Plaintiff

NOTICE IS HEREBY GIVEN that a license, Number Pending, for Restaurant Wine has been applied for by the undersigned to sell Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 2199 Broadway, New York, NY 10024, for on-premises consumption. La Unica Caridad Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1291779, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 7204 18th Ave., Brooklyn, NY 11204, for on-premises consumption. Hot Spot Nabe Inc.

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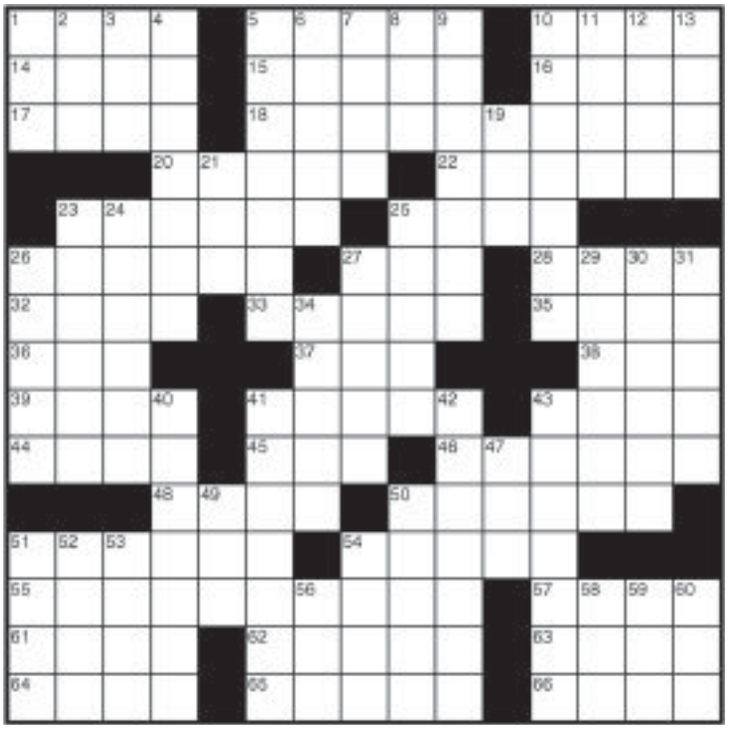

Across

1 Source of light
5 Brings to ruin
10 Email option
14 Internet surfer
15 Huffing and puffing
16 Curved molding
17 Salt or pickle
18 Clinched (2 wds.)
20 What tempus does
22 Cooks in embers
23 Barely adequate
25 Traffic sound
26 Cervantes' — Panza
27 Jeer
28 Khayyam or Sharif
32 Quote from
33 Must-haves
35 Blacktop
36 Tell — — glance
37 Geological period
38 Vet patient
39 Secular
41 Debussy music
43 202, to Tiberius
44 Tablet
45 Coq au —
46 Entree go-withs
48 — Bator
50 Lens settings (hyph.)
51 Gorgeous guy
54 Lariat
55 Perk up (2 wds.)
57 Have down pat
61 Melody
62 Sheer fabric
63 Counting-rhyme start
64 Thickening agent
65 All through
66 What a stag lacks

Down

1 Jean- — Picard
2 Tempe sch.
3 Mal de —
4 Some books have one
5 Castle part
6 TV studio sign (2 wds.)
7 Just for the fun — —
8 .001 inch
9 Hi-fi rigs
10 Bubbly drink (2 wds.)
11 They often clash
12 Witches' brew ingredient
13 Hibernates
19 Forest grazer
21 Yech!
23 Rum drink (2 wds.)
24 Involve
25 Foreshadowed
26 Sell hot tickets
27 In progress
29 Wild and crazy
30 Steers clear of
31 "Final answer?" asker
34 Order takeout, perhaps (2 wds.)
40 Worn-out car
41 Deliberately vague
42 Made an attempt
43 Hidden
47 ABA mem.
49 Rapper — Kim
50 Girl, in Paris
51 Utah ski resort
52 Football's Flutie
53 Lady Chaplin
54 John — (the Lone Ranger)
56 From, in Bonn
58 PBS funder
59 Thunder Bay prov.
60 One before zee

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easy

		6			3	4		
	4		2			1		
							2	8
		2		8	1	9		5
	9	7				3	4	
5		1	7	4		6		
9	7							
		3			7		6	
		8	4			7		

hard

	5		9	3				
7					8			
8	6	9		2		3		
4			7				2	
	2	5				9	3	
	8				3			1
		2		5		1	8	4
			1					3
				8	2		7	

metro.us/horoscopes

Aries Surprise someone by doing something out-of-the-ordinary or special. Your kind gesture will bring you closer together. Money matters can be resolved if you communicate openly.

Taurus Don't let anger control you. If you don't like the way things are being done, do them yourself. Taking action is the best way to get ahead while getting what you want.

Gemini Show your willingness to get things done. Set your priorities and follow through on your plans with discipline in order to bypass someone trying to give you a hard time.

Cancer Show a little passion and excitement about life and the people you love. An original idea to please someone will go over well and win you favors.

Leo Uncertainty in a relationship will help you recognize what you want. Make whatever changes are necessary to turn your intentions into reality. You will impress someone.

Virgo Take a proactive approach. Don't feel that you have to do everything in a conservative manner. Sometimes it pays to think outside the box when it comes to bringing about change.

Libra If you put greater effort into moneymaking opportunities, contractual negotiations and your health, you will succeed. Don't procrastinate or wait for someone else to do things for you.

Scorpio Use your energy wisely. A creative project will lead to greater recognition, as long as you are careful not to go over budget. Do the work yourself and save money.

Sagittarius You'll be noticed one way or another. Be careful not to do something that makes you look bad or hampers your chance to advance. All eyes will be on you.

Capricorn Time and patience will pay off. Do everything you can to improve a situation with a friend, relative or neighbor. Getting along with others will be the best way to go.

Aquarius Positive alterations will make it easier for you to pursue a dream, project or pastime. Don't let someone else take charge or you won't get things done your way.

Pisces You'll create confusion with your changeable attitude and mood swings. Money, fitness or legal matters can be improved if you are thrifty and orderly. EUGENIA LAST

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